

Delano High School

Parent E-Newsletter • February/March 2017

NEWS

**Show Up.
Show Up on Time.
Work Hard.
Failure is Not an Option.**

February Calendar

- 4 One Act Play Section Contest
- 6 2017-2018 HS Registration
Conferences (*Grades 8-11*) 4:30-8 pm
- 9 HS Choir Concert 7 pm
- 10 One Act Play State Contest
- 13-17 Winterfest Week
- 13 HS Math Meet
- HS PIE Meeting 6 pm
- 20 President's Day - **NO SCHOOL**
- Delano Tiger Trap Team
- Parent Information Meeting
- DMS Auditorium 7 pm

March Calendar

- 2 HS Band Concert 7 pm
- 6 HS Conferences 5-7:30 pm
- 13 HS Math State Tournament
- HS PIE Meeting 6 pm
- 17 End of HS 3rd Quarter
- 23-24 Spring Break - **NO SCHOOL**
- 27 Teacher Workshop - **NO SCHOOL**

February 13-17, 2017 is Winterfest Week!

During Winterfest Week there are dress up days for students, and fun activities throughout the school district. The week concludes with a dance on Saturday, February 18, from 8-11 p.m. in the cafeteria.



ACT Information

Juniors will take the ACT offered at Delano High School on Tuesday, February 28, 2017. This assessment date is only for juniors and is considered the "Minnesota State Assessment." Here are answers to some frequently asked questions.

- **Is this assessment test mandatory?** No, however we highly recommend it because this is the only time it will be offered **free of charge** for students. We generally have 99% of students take this test. If you do not want your child to take the assessment, please contact the high school office as soon as possible so we can explain the process to you.
- This ACT assessment includes Writing.
- **Does the individual student need to register for the test separately?** No, the school has already registered your child for the test. In order to connect this specific assessment result to any other ACT assessments taken (or planning to be taken) the student must have an ACT Account.
- ACT Account Set-Up for February School Day Assessment:
 1. In order for the scores to be linked to the National ACT Website, students must go to www.actstudent.org to create an account. There is **no charge** and this is how students will register for future ACT assessments.
 2. If students have registered and taken a previous ACT Assessment, they do not have to do anything.

Create, Design, Print - An Insight to a Unique Class at DHS

The students have given their opinions and now it is time to choose the top designs for the class. In previous days, each student has given their power-point presentation about their design, which includes background information and the attributes of the design. A complete Computer Aided Design in 3D accompanies each creation. Next step, print the design out on the 3D printer. Yes, these students have been learning a new language and protocol in computer design. Hard work - yes. Lots of learning - yes. Fun - yes.

The class? Computer Art 3D - design and 3D printing in an art class! Computer Art 3D is a 3D sculpting class. Students use Cubify, a sculpting software, to better understand design elements using technology. Skills learned in this class correlate directly to architecture, game design, drafting and engineering. These are all fields that many of our graduates talk about pursuing after completing high school. If interested, please see the course description in the Visual Arts section of the registration guide.

SciTech 2017 - A Day to Help Find or Finalize a Career Path

SciTech 2017 is Tuesday, April 11, 2017. This year will feature tours of local businesses during the evening session. Who knows, maybe the connection for an internship and career will be presented to your student during this prestigious event. Look for more information about SciTech in the coming months!

Here at DHS, we look forward to each day we can educate your students!

**- Dr. Steven Heil
Principal**

Motivation & Learning: Tips for Parents

A common frustration among parents is that they have a hard time motivating their child to do well in school. Motivation stems from different areas and there are many reasons why some children have a hard time getting motivated at school. Some reasons may include:

- Parents may think their child is struggling with low motivation, but in fact it is a different problem entirely (i.e. a learning difficulty, problems with friends, conflict with a teacher).
- Some children are so afraid of failing they would rather not try, than try and fail. This is why it is so important to help your child set realistic goals for themselves. Encourage your child to explore their interests and challenge themselves but make sure they know it is okay for them to progress at their own speed.
- Children who feel like they do not fit in at school may lose interest in being at school. Encourage your child to get involved in activities that interest them. This will help your child meet other students who have similar interests.
- If school is too easy for students they are also likely to lose interest. If this is the case, talk to your child about course choices and which subject areas would be good areas to challenge themselves.

What are some things that I can do to motivate my child?

- Even though parents can influence motivation, they can't force their child to be motivated. Children need to feel they are learning in order to benefit themselves. You can set a good example by showing how exciting it is to learn.
- Teach your child how to set short and long-term SMART goals that are Specific, Measurable, Attainable, Realistic, and Time-bound.
- Your child's goals do not need to be huge. The important thing is that they are setting goals and meeting those goals and feeling a sense of accomplishment. This way your child is learning that they can accomplish whatever it is they set out to do.

For more information, visit www.thelearningcommunity.us.

- Sarah Rothstein, Guidance Counselor

Science Olympiad Border Battle Success!



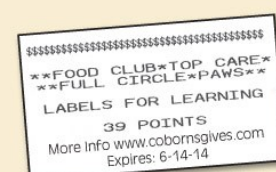
DHS's Science Olympiad Team competed in the Border Battle on Saturday, January 21, at the University of Wisconsin-River Falls. The team placed 10th out of 31 teams. The medal winners include Mathea Schafer and Carissa Rootes, 4th place in Anatomy & Physiology and 3rd place in Forensics. Katie Drewlow placed 2nd in Materials Science and Dylan Grengs and Mathias Goebel took 3rd place in Rocks & Minerals.

The Science Olympiad Regional Competition will be held on Saturday, February 4, at Minnetonka High School.
Good luck Tigers!

February is Box Tops and Labels for Learning Month!

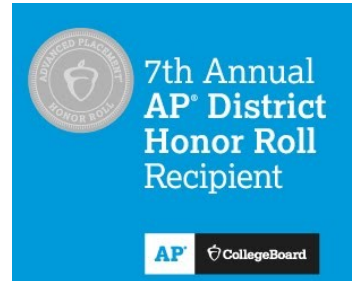
Once again DHS P.I.E. will collect *Box Tops* and Coborn's *Labels for Learning* points during the month of February. Last year we earned over \$800 for classroom needs, \$200 more than the prior year! Students can bring them to their third block class or to the high school office. With your support we have been able to provide classrooms with essential tools for learning. *Labels for Learning* points can be torn off the bottom of your Coborn's receipts and you can bring in Labels for Learning until the end of the school year.

For more information about Box Top Products, go to <http://www.boxtops4education.com/participating-products>. Thank you for your support!



Delano Schools Encourage AP Participation

Delano Public Schools is one of 433 school districts in the United States and Canada being honored by the College Board with placement on the 7th Annual AP Honor Roll. To be included on the 7th Annual Honor Roll, Delano Public Schools had to, since 2014, increase the number of students participating in AP (Advanced Placement Courses) while also increasing or maintaining the percentage of students earning AP Exam scores of 3 or higher. Reaching these goals shows that this district is successfully identifying motivated, academically prepared students who are ready for AP.



“Delano High School has intentionally expanded AP offerings to all students at all levels,” stated Dr. Steve Heil, DHS Principal. “We feel that giving all students the chance to participate and be successful in Advanced Placement or college level curriculum will benefit them as they prepare for their post-secondary education.”

National data from 2016 shows that among black/African American, Hispanic, and Native American students with a high degree of readiness for AP, only about half of students are participating. The first step to getting more students to participate is to give them access. Courses must be made available, gatekeeping must stop, and doors must be equitably opened. Delano Public Schools is committed to expanding the availability of AP courses among prepared and motivated students of all backgrounds.

Trevor Packer, the College Board's head of AP and Instruction expressed, “These teachers and administrators are delivering real opportunity in their schools and classrooms, and students are rising to the challenge.” Helping more students learn at a higher level and earn higher AP scores is an objective of all members of the AP community, from AP teachers to district and school administrators to college professors. Many districts are experimenting with initiatives and strategies to see how they can expand access and improve student performance at the same time.

In 2016, more than 4,000 colleges and universities around the world received AP scores for college credit, advanced placement, or both, and/or consideration in the admission process.

Inclusion on the 7th Annual AP District Honor Roll is based on the examination of three years of AP data, from 2014 to 2016, looking across 37 AP Exams, including world language and culture. The following criteria were used.

Districts must:

- Increase participation/access to AP by at least 4% in large districts, at least 6% in medium districts, and at least 11% in small districts;
- Increase or maintain the percentage of exams taken by black/African American, Hispanic/Latino, and American Indian/Alaska Native students; and
- Improve or maintain performance levels when comparing the 2016 percentage of students scoring a 3 or higher to the 2014 percentage, unless the district has already attained a performance level at which more than 70% of its AP students are scoring a 3 or higher.

Delano American Legion and Lions Club Support Study Abroad

Ten DHS Spanish students will be travelling to Spain in February and their trip is supported by donations given to them from the members of the Delano American Legion and Lions Club. Students will travel to Spain from February 17-26, 2017. They will stay with a host family and visit with the student they hosted here in Delano last summer. They will learn about Spain first hand by experiencing the culture, food, family life and education.

We would like to thank the Delano American Legion and Lions Club for their generous donations to the students that will take their studies abroad. Supporting opportunities to travel and see the world around them provides students “hands-on” educational experiences that enhances what they learn in the classroom.



COMPASS Students Learn About Bounce Back Program

On January 4, 2017, Delano's COMPASS Program had the privilege of listening to Dr. Amanda Hoffman speak about the Bounce Back Project.



The Bounce Back Project is a community initiative to promote health through happiness. In the fall of 2015, Buffalo and Monticello were the first in the NATION to participate in a community wide study, in partnership with Duke University, around one very powerful resiliency tool that can increase your happiness.

The Bounce Back Project is a unique collaborative of physicians, nurses, hospital leaders, and staff who have come together for a single purpose - to impact the lives of individuals, communities and organizations by promoting health through happiness.

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Numerous studies have shown using simple tools to help us retrain our mind to focus on the positive can increase feelings of well-being and decrease feelings of depression. These tools can also open us to the possibility of greater social connections, improved sleep, enhanced memory, and stronger immune system function. It's simple...and life changing.

The students learned about the power of positive thinking and the benefits of performing random acts of kindness. They also learned that writing makes you happier. For example, a gratitude journal can increase happiness, improve our overall health, and better define our purpose by making the good in our lives more noticeable to us. We begin to look for and even anticipate the positive that is taking place around us. Writing can also help us be reminded of the difference we make in the lives of others. It can help us to refocus on our purpose.

To learn more about the Bounce Back Project [click here](#) to watch an informational video.

MN National Guard Offers Distracted Driving Course

In an effort to teach students about the dangers of texting while driving and driving under the influence, a special obstacle course was set up in the high school gymnasium on Tuesday, January 3. Using special pedal power cars and "fatal vision" goggles, physical education/health teachers Mitch Rue and Maria Menz, and National Guard members had students attempt to perform simple driving tasks with simulated dangers.

A 2014 report from the National Safety Council found that cell phone use caused 26 percent of the nations car accidents. Most of the accidents involved young people. By simulating distracted driving the students will better understand the dangers they face.

Students were instructed to drive a simple path while attempting to type a text. Several students were unable to take their eyes off the road for a moment without hitting a cone. Even on a straight road it is easy for drivers to drift into another lane if their eyes are focused on a text message.

In the final stage of the exercise, students were provided specialized goggles that simulated the effects of alcohol, marijuana and prescription drugs. With these goggles the students attempted to navigate a traffic cone driving course with twists and turns. Depending on the type of goggles being worn by the student, their vision could be obscured, distorted or both. Some students attempted to navigate the course by driving slowly, but the result was a slower reaction time in emergencies.

A BIG THANK YOU to the National Guard for making the distracted and drunk driving course possible. The pedal cars were also provided by the National Guard. This program has been an eye opening opportunity for students to understand the consequences of distracted driving.

"Every year, approximately 421,000 people are injured in crashes that involve a distracted driver."

- DistractedDriverAccidents.com



MSHSL Triple 'A' Award Recipients Announced

DHS Seniors Jack Weber and Stephanie Almquist were selected to represent Delano High School and Region 2AA in the Triple 'A' Award program. The Triple 'A' Award program, sponsored by the Minnesota State High School League, was established in 1988. This award goes to one senior male and one senior female student who has excelled in academics, arts and athletics, thus called Triple 'A'. Triple 'A' recipients are selected through a multi-level process involving member schools of the Minnesota State High School League (MSHSL), the leagues administrative regions, and a social committee of educators, business leaders, and members from the fine arts and athletic communities.

Jack and Stephanie were recently honored at the Section 2AA MSHSL Triple 'A' Award Banquet that was held on January 29, 2017.



DHS's Theatrical Department Shines at One Act Play Festival



Congratulations to the cast and crew of DHS's One Act Play, *Mrs. Packard*, for a wonderful performance at the One Act Play Festival. *Mrs. Packard*, a play based on historical events and written in 1861 by Emily Mann, tells the story of a woman who was committed to an asylum by her husband and her struggle to right a system gone wrong. For those in the cast who won acting awards: Cate Miller, Juney Anderson, Matt McCullough and Allison Schaust...Take a Bow!

DHS's *Mrs. Packard* placed 3rd at the sub-section contest and advanced to sections which will be held in Marshall, MN on Saturday, February 4. Good luck Tigers!

Delano High Staff Help Raise Funds for United Way

Each year around the holidays, Delano Public Schools holds a district wide fundraising campaign for the United Way. The final numbers came in for the 2016 United Way Fund Drive and through the donations of over 100 district employees, the school district raised \$11,283 to support the Delano-Loretto United Way.

As a reward for the most amount raised, Delano High School staff was recognized with a pizza luncheon for contributions totaling \$5,842.

A special thank you to teachers Karen Hohenstein, John Bingea and Kalsey Rheingans, along with Community Education Director Diane Johnson, for leading their building campaigns this year. In addition, the Delano-Loretto United Way wants to thank all the employees who contributed. It is campaigns like this that show how Delano Public Schools support an ongoing commitment to help build better lives and strengthen the community in which they live and work.



WCC Honor Choir Members Perform in St. Cloud



Congratulations to Lily Maeder, Becca Johnson, Alyssa Ingle, Allysa Dunnigan, Nick Harper, Ethan Anderson, Caden Link and Joe Mann for being chosen as Wright County Conference Honor Choir members.

This prestigious choir was conducted by Dr. Mary Kay Geston, Director of the Great River Chorale. These students along with other chosen singers from Wright County performed on Saturday, January 7, in St. Cloud.

*"Some people think music education is a privilege, but I think it's essential to being human."
- Jewel, Singer- Songwriter*

Please Slow Down...Safety First!

It is of the utmost importance to all Delano staff that your students arrive and leave school safely. With our campus under construction, the parking lots and Tiger Drive are very congested. Please help us make sure everyone stays safe by following these important reminders:

- Give buses the right of way.
- Stay off your cell phones at all times when driving, this is especially true when on campus.
- When dropping off your student, **ONLY ALLOW STUDENTS TO EXIT YOUR VEHICLE IN THE DROP OFF LANE AND NEVER ON TIGER DRIVE!**
- Pedestrians should always use the cross walks.
- Leave early to provide plenty of time - **ACCIDENTS HAPPEN WHEN WE ARE IN A RUSH!**
- Always drive slowly through campus.
- Do not park or drive in the bus zone behind the HS/MS until after 3:30 p.m. each day.



Thank you for your cooperation in helping us to keep students, staff, and visitors safe!



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